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InfiniSynechis Vol. I Issue 1

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Welcome to the first issue of **InfiniSynechis**, a publication of Fearless Hearts Foundation

Foundation News

We are all excited to be coming back from the holidays and ready to dive into 2019. At the time of this publication there are no pressing matters to update but please check the updates section of the Fearless Hearts Foundation website from time to time.

Happy New Year everyone.

Conscious Living

We are all intimately and intricately connected to each other. Hence the term infinisynechis, infinite correlation.

Quotes on Befriending Your Mind

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; for it becomes your destiny." ~Upanishads

"What we call 'I' is just a swinging door, which moves when we inhale and when we exhale." ~ Shunryū Suzuki

"In the beginner's mind there are many possibilities. In the expert's mind there are few." ~ Shunryū Suzuki

"Peace of mind is the most important prerequisite for creative work." ~ Richard P. Feynman

"I think that when we know that we actually do live in uncertainty, then we ought to admit it; it is of great value to realize that we do not know the answers to different questions. This attitude of mind - this attitude of uncertainty - is vital to the scientist, and it is this attitude of mind which the student must first acquire." ~Richard P. Feynman

The world is its own magic.~ Shunryū Suzuki

Richard Phillips Feynman was an american theoretical physicist, who, together with Julian S. Schwinger of the United States and Tomonaga Shin'ichirō of Japan, won the Nobel Prize in Physics in 1965.

Shunryū Suzuki was a Sōtō Zen monk who came to the US in 1959, at the age of 55. He was instrumental in the creation of the San Francisco Zen Center

Philanthropy

There are as many kinds of gifts as there are many givers. In this issue, we will explore the meaning of kindness in terms of color.

Article: [The Color of Kindness](#)

"True kindness is like a transcendent light that is on all the time, it has no flame and cannot burn, more like a radiator of heat. It is there. Period."

[This article is continued at FHF Blog](#)

Suggested reading: Notable Philanthropists

[Late businessman's philanthropy creates a duty for friends to carry on](#)

[From duct-taped shoes to \\$11M: Man leaves surprise donations](#)

[Chuck Feeney: the billionaire who gave it all away](#)

Business Insights*

Some suggestions for 2019 and beyond

1. Welcome and embrace change.
2. Trust yourself. Follow your intuition.
3. Define your success only with your own gauge. You need not compare yourself and your accomplishments with others'.
4. Do only the work that would make you feel most fulfilled.
5. Honor your work style.

Suggested reading :

[The author of 'The Millionaire Next Door' explains 3 ways anyone can build more wealth](#)

*Disclaimer : The information provided in this section of InfiniSynechis is for educational purposes only and not to be considered as Financial Advice.





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